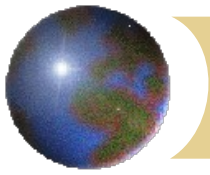


Returning from Operation Iraqi Freedom -- Safely

How to recognize
and control the risks

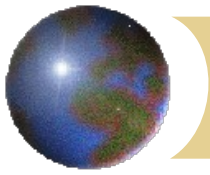
at home





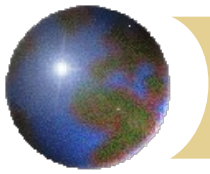
Readiness Must Not Slip

- ✚ We must sustain our unprecedented level of readiness over the long-term.
- ✚ Staying ready means staying safe.
- ✚ Apply risk management both on-duty and off.



Before you start your engines...

- ✚ If your vehicle has been in storage don't start your vehicle right away.
- ✚ Check fluid levels and air pressure in tires.
- ✚ Make sure blinkers and brake lights work. Check mirror positions and clean windows.
- ✚ Re-orient yourself with the vehicle.



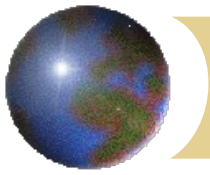
Drinking and Driving

- ✚ If you are going to drink, don't drive. Either stay put, have a designated driver, or call a cab.
- ✚ Make a plan before going out on the town and ensure you and your shipmates stick to the plan.
- ✚ Drinking too much can be deadly, no matter what you are doing.



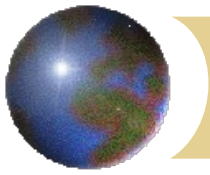
Fatigue Behind the Wheel

- ❊ Be conservative in how far you plan to drive each day.
- ❊ Drive during the daytime and have a driving partner. Plan ahead to stop somewhere for the night.
- ❊ Take plenty of breaks ... at least one every two hours. Don't wait until your body tells you to, it may be too late.
- ❊ Leave early enough to allow ample travel time both going and returning.
- ❊ Always wear your seat belt.



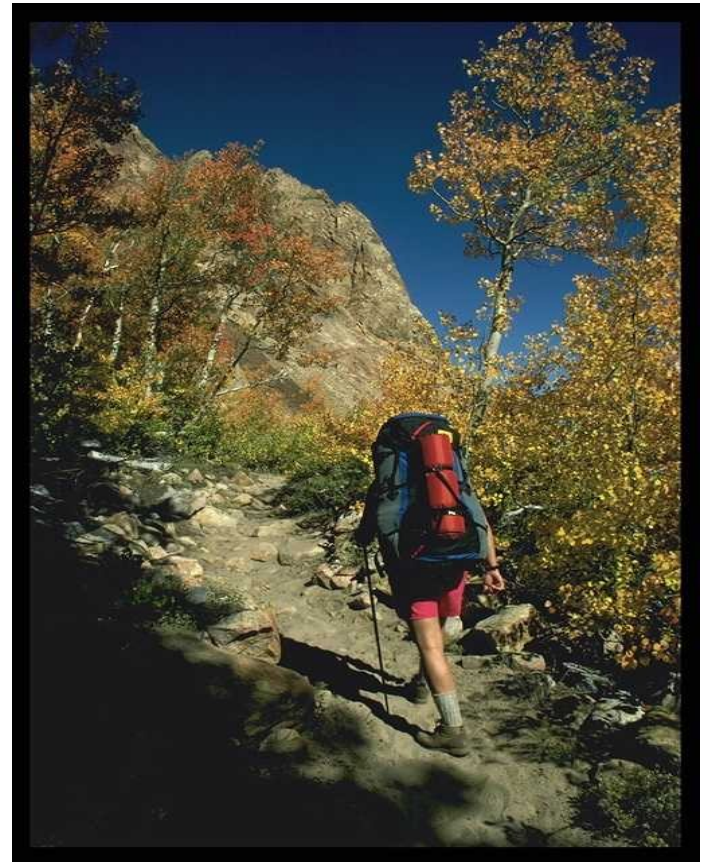
Staying Safe On Liberty

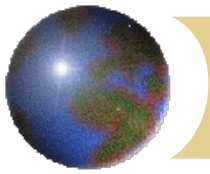
- ✚ Use the buddy system, and keep an eye out for one another.
- ✚ Speak up and take charge if you must intervene.
- ✚ If you are in a leadership role, set the example and make it clear that you expect everyone to return from liberty in one piece.



Hobbies and Sports

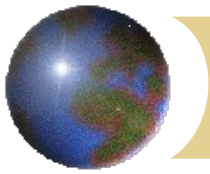
- ✚ Know your limits. If your body tells you to stop, do it!
- ✚ Wear protective gear and ease yourself back in to your favorite sport.
- ✚ Thunderstorms are fast and deadly. Keep an eye on the weather and move indoors when necessary.





Water Sports

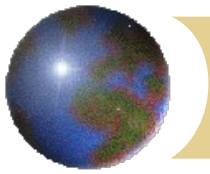
- ✚ You may consider yourself a skilled swimmer, but most only qualify as Class III swimmers.
- ✚ Always take a buddy along and only swim in areas with lifeguards.
- ✚ Look before you leap. Check the water for obstacles under the surface.
- ✚ Don't drink alcohol before swimming.
- ✚ Never hyperventilate and hold your breath under water. Hyperventilation lowers the level of CO₂, which ordinarily triggers the body to breathe. Victims pass out and drown.



Boating

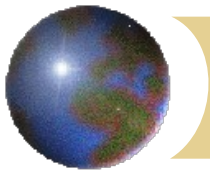
- ✚ Take a safe boating course.
- ✚ Monitor weather conditions.
- ✚ Always wear a personal flotation device (PFD) and make sure safety equipment is available.
- ✚ Don't overload your boat.
- ✚ Keep clear of swimming areas.
- ✚ Drink only non-alcoholic beverages.





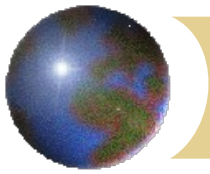
Safety At Home

- ✚ Always wear proper PPE when using power tools and chemicals. You can find PPE at your local hardware store and it's cheaper than a trip to the hospital.
- ✚ Check smoke and carbon monoxide detectors and replace batteries. Do you know where your fire extinguisher is?
- ✚ When mowing the lawn, wear shoes or steel-toed boots. Wear safety glasses to prevent eye injuries.



Learn From History

- ✚ Traffic and recreational fatality rates plummeted during Operation Desert Storm, then increased dramatically.
- ✚ Traffic-mishap rates are typically higher in the summer months.
- ✚ Don't let history repeat itself during the coming months.

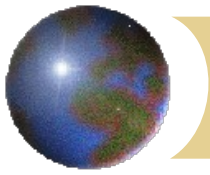


We Can Prevent Needless Deaths

- ✚ Good risk management
- ✚ Responsible decisions
- ✚ Common sense



Welcome Home!



Where To Find Resources

✦ Articles, messages, safety tips,
www.safetycenter.navy.mil/seasonal/returnhome.htm,
checklists, presentations

- ✦ Driving, off-duty and recreational topics
- ✦ Survivor stories, home mishaps, seasonal hazards
- ✦ “Photo of the Week” mini-posters
- ✦ 2003 edition of **Ashore** magazine’s annual traffic-safety issue